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United States Department of Agriculture

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U. S. Department of Agriculture
WASHINGTON, D. C.-----
RELEASE FOR PUBLICATION :
JUNE 4, 1941 :

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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STRAWBERRY PRESERVES

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It's along about now that strawberries "melt on the vine" -- strawberry desserts melt in the mouth -- and children look with longing eyes at rows of strawberry preserves and strawberry jam.

Next winter's crop of "put up" strawberries should be a good one -- judging by reports of the fresh crop this year. According to the U. S. Department of Agriculture's Crop Reporting Board, this season's strawberry output is considerably larger than that of last year and much above average.

Season for strawberries started late this year. But it made up for lost time by an extra heavy volume of shipments. As usual, the bulk of this crop is being eaten now or being put up right here in the United States.

The strawberry is more than just a pretty delicious fruit. From the standpoint of nutritive value, it is an excellent source of vitamin C. Vitamin C is needed in the diet every day, because the body has no way of storing it. A medium-sized dish of raw strawberries, such as is often served for dessert, furnishes more than half of a liberal day's allowance for vitamin C.

In strawberry season, you'll get the most vitamin C from strawberries if you serve them raw, because heat destroys vitamin C. But you can also cut down on the loss of this vitamin in strawberry dishes such as tarts and pies, by cooking the berries just as little as possible.

Strawberry season can last the year round in preserves, in jams, or as canned strawberries. It is possible to make jelly out of strawberries only if pectin is added.

For preserving -- the strawberry is an ideal fruit. It is small enough to be preserved whole. And it holds its shape and color well in the preserving process. Best strawberry for preserving is the Blakemore, developed by plant scientists of the U. S. Department of Agriculture. Since the Blakemore was introduced in 1929, it has come to be the most grown berry in the whole United States.

But no matter what the variety of the strawberry -- here are some rules for making good preserves from them. Follow these directions carefully, say the home economists of the U. S. Department of Agriculture, and you'll have preserves on which any woman would peg her culinary reputation.

First of all, select the strawberries you're going to preserve carefully. See that they are firm-ripe rather than soft-ripe. See that they are of uniform size so they will cook evenly. Be sure they are of good quality. You can judge this by their solid red color, their bright, clean, fresh appearance, their fresh green caps and stems. There should be no decay or mold on the berries, no white spots that indicate immaturity, and no red stains on the berry container.

Work only with small quantities. Don't try to handle more than 6 or 8 pounds of strawberries at once.

Prepare the strawberries carefully. Wash them before you cap them or stem them. Otherwise the berries will lose some of their good juice in the cleaning water. And when you wash the berries, lift them out of the water. Most of the dirt settles to the bottom and can be poured off easily this way.

Weigh, don't measure the ingredients. That is, weigh the sugar and the strawberries. Weighing is the only accurate way to work out these proportions,

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because the amount of strawberries in a measuring cup will vary with the size and shape of the berries. Proper proportions for preserves are a pound of berries to a pound of sugar.

Cut the cooking time down to as little as possible. One good way to reduce this is to combine the strawberries and sugar 8 to 10 hours before you cook them. Usually this can be done easily the night before. Combine the berries and sugar in alternate layers. This overnight blending will make the strawberries more firm so they won't be so likely to cook to pieces. And just enough juice is drawn out of the strawberries by the sugar to make it unnecessary to add water when you cook the berries. Since you have no excess water to boil off, the cooking time is shorter.

Actual cooking time for the preserves need be only 15 to 20 minutes. Heat the strawberries to boiling. Stir them carefully all the time to keep them from scorching. Boil until the sirup is somewhat thick and the berries begin to look almost transparent.

At this point the preserves are done and ready to be put into sterilized glass fruit jars. Fill the jars about three-fourths full of berries, then fill the jar the rest of the way with sirup. Seal immediately.

Store strawberry preserves in a cool, dry place.

JAM

Strawberries that are good--but are not uniform in size, less perfect in shape, or riper than they should be for preserves are best in jam.

For strawberry jam, prepare the berries carefully as for preserves. To each pound of strawberries, use three-fourths of a pound of sugar. Crush the berries and bring them slowly to boiling. Stir them constantly, add the sugar, and boil the fruit mixture until it has thickened to about the consistency of jelly. Stir all the time. Pour into hot sterilized jars and seal.

For an interesting combination of flavor -- try tart rhubarb or pineapple in combination with strawberries in jam.

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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

HOW TO BUY SHEETS

June comes, and it's time for showers for the bride, wedding presents for the young couple setting up housekeeping. Sheets are always popular as practical gifts for the new home. The season's campers, getting all their equipment ready, also swell the sale of sheets this time of year. Then there's always the normal replacement of old and worn-out sheets. Altogether it means that buying guides for sheets are very much in order.

"To judge the type of sheet to buy," suggests Miss Ruth O'Brien, textile specialist of the Department of Agriculture, "first decide what kind of service it's going to get. That is, do you want sheets for everyday wear, sheets that will stand the rough and tumble of the children's beds? Or do you want finer, softer sheets, more of a luxury article? When you've decided the type of sheet that suits your purpose, then study labels. Read and compare facts to find the sheet that measures up best for the money you have to spend."

"Sheets generally fall into one of five groups--the light, medium and heavy weight muslins, the fine counts, and the percales. Each serves a definite purpose. A heavy muslin sheet, for example, will be strong, sturdy, and durable. It is best for hard wear. On the other hand, the fineness and softness of percale sheets, makes them a better choice when appearance counts and cost is not so

important.

"But it pays to look carefully at any sheet sold as percale now-a-days," Miss O'Brien states. "If used correctly, this word when applied to a sheet means one of combed rather than carded cotton yarns and one very soft, fine and smooth in texture. It weighs around 3.7 ounces to the square yard and its finished thread count is close to 100 in each set of yarns--that is, in both the warp and the filling. Such sheets very early gained so good a reputation for beauty that some manufacturers are now mis-using the word in order to sell sheets made merely of carded yarns and with a much lower thread count. This often fools customers.

"Sheets should always be compared by type of yarn (combed for percales; carded for others), thread count, weight, amount of sizing, breaking strength, length and width. Good labels will give these facts and will also tell whether the sheet is a 'first,' 'second,' or a 'run-of-the-mill'."

The amount of sizing in sheets varies from less than 1 percent to 20 or 25 percent in some of the low grades. Some sizing on the warp yarns is necessary to keep from breaking in the loom, and a little sizing makes the fabric more attractive and does no harm. Large amounts, however, are frequently used to fill up the space in poorly woven material. Such sizing washes out and leaves the fabric sleazy and thin. "Pure finish" on a label means that there is less than 2 percent sizing.

Width of hems on sheets varies from less than 2 inches to 4 inches or even more. The higher quality often have the wider hems, but the two do not necessarily go together. The length of sheet as given on the label is the length before hemming and sometimes a wide hem takes unduly from the length of the finished sheet.

Good sheets must be wide enough to allow a generous tuck-in all around. Also they must be long enough for a good fold-over at the head of the bed. This makes the bed more comfortable for sleeping, and also protects the blankets.

Generally, sheets 99 to 108 inches long are the most satisfactory. Some are now 112 inches. Bargain sheets are often too small and sometimes too narrow. Sheets often shrink as much as five to eight inches in length, and are rarely pre-shrunk. The 108 inch length, however, allows plenty even with shrinkage. To pre-shrink sheets would be a foolish waste under present commercial conditions.

Look for the term "torn length" on labels. This means that the sheeting has been torn from the bolt before hemming and will be straight with the weave. "Cut length" may be straight, but may just as well be bias. If it is not straight, the sheet will be lop-sided after laundering.

There are many points in judging sheet quality, and the final selection narrows down to the needs of the particular homemaker. Not long ago, according to Miss O'Brien, a homemaker wrote to the Bureau of Home Economics asking advice on which of two types of sheets to buy. One of the sheets she was considering was of heavy muslin, with a breaking strength of 81 pounds warp, and 76 pounds filling. It weighed 4.9 ounces per square yard, and was 81 by 108 inches. The second sheet was percale, had a thread count of 103 by 99, a breaking strength of 68 pounds warp, 61 pound filling. Each square yard weighed 4 ounces, and the sheet was the same size as the muslin one, 81 by 108 inches. Both contained little sizing. Each of the sheets was of good quality for its class and attractively priced.

All the textile specialists could tell this homemaker was that likely the muslin sheet would wear the longer and stand the harder wear. But the percale sheet was probably the more attractive and would certainly dress up the guest room bed. So it is really up to the woman who buys to decide which kind of sheet best fits her needs and her pocketbook.

If it's a case of comparing sheets of the same type, however, then always choose the one with the more yarns per inch, the higher breaking strength, and the least sizing. With our superabundance of American-grown cotton we have the widest selection of sheets to choose from in the whole world.

The first part of the paper discusses the importance of the study and the objectives of the research. It also mentions the scope of the study and the limitations. The second part of the paper discusses the methodology used in the study. It mentions the data sources and the data collection methods. The third part of the paper discusses the results of the study. It mentions the findings and the conclusions. The fourth part of the paper discusses the implications of the study. It mentions the practical implications and the theoretical implications. The fifth part of the paper discusses the future research. It mentions the areas for further research and the suggestions for future studies.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

BERRIES ARE BETTER

Where wild berries grow the biggest, the thickest, and the best— is one place you find the berry scientists looking for stock for their experimental breeding work.

For it's from the wild berries that our tame berries come. And, thanks to the long-time investigations of berry specialists--raspberries, blackberries, and blueberries are better today than ever before.

"Although these berries haven't yet been improved as the strawberry has been, there are plenty of young hopefuls among the new varieties of blackberry, blueberry, and raspberry," according to Dr. George M. Darrow. Doctor Darrow is a plant scientist of the U. S. Department of Agriculture and heads up the extensive berry breeding work being carried on by that Department and cooperating agencies in many States.

In the following paragraphs, Doctor Darrow gives some interesting and helpful berry information.

BLUEBERRIES--This is definitely a berry with a future. For today, with most of the berries that are sold being gathered from the wild, the crop is in the ten million dollar class. There's no telling what proportions the crop will

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reach as more and more of the improved varieties are planted.

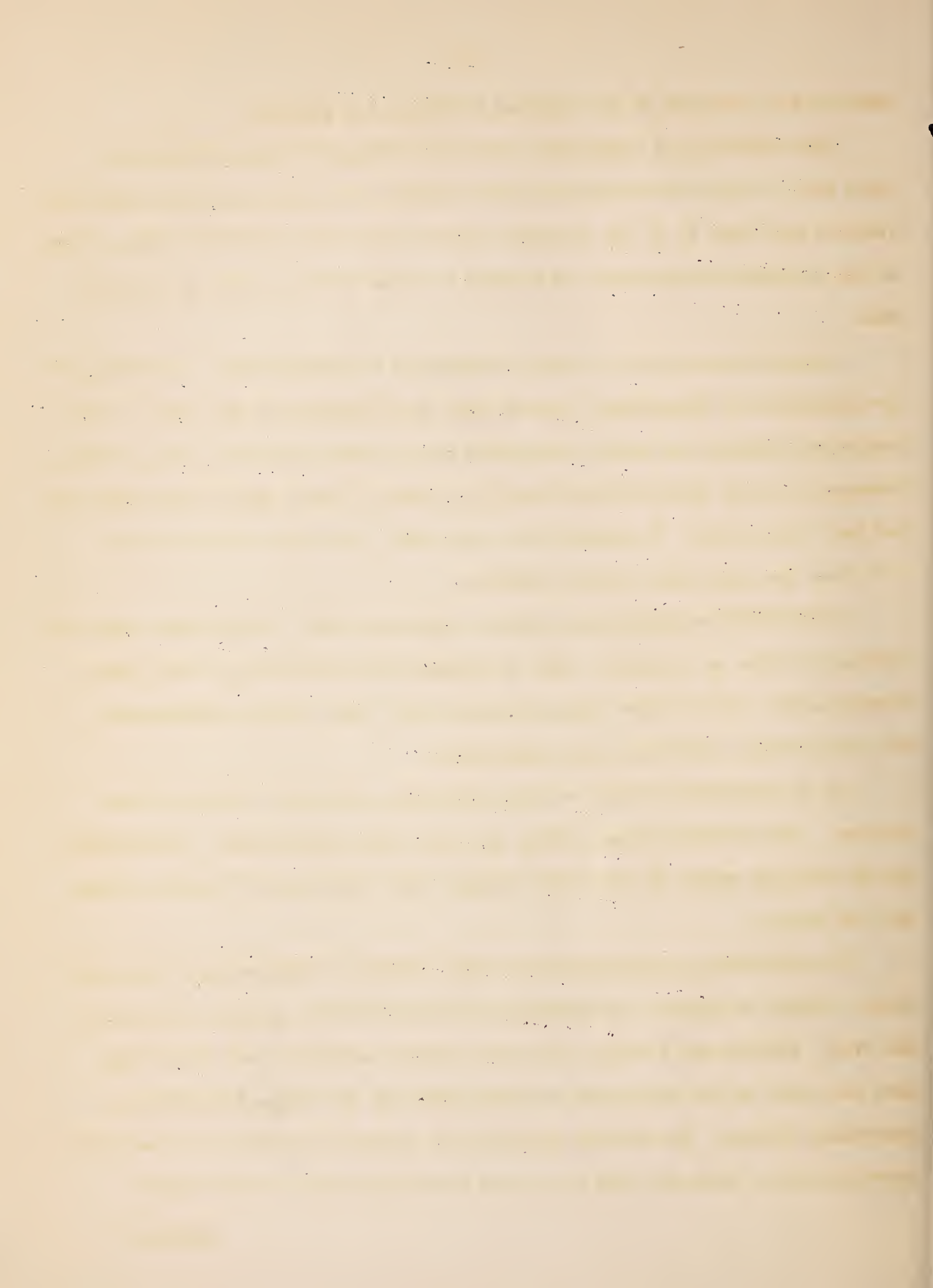
The Department of Agriculture has been working for better blueberries since 1906. From this research and from research of cooperating State experiment stations have come 11 of the 12 named varieties that are cultivated today. Some of the cultivated blueberries are as much as three times the size of the wild ones.

Confused by many are the terms "blueberry" and "huckleberry." According to the Department of Agriculture, you can tell the difference by the seeds. Cut a huckleberry through the center and you'll see ten large seeds in a ring. Look closely at one of these seeds and you'll see that it looks like a tiny peach pit and has a bony shell. A blueberry has many seeds, but these are so tiny and soft that the berry seems almost seedless.

BLACKBERRIES--Blackberries pick off the bush easily. Raspberries pull off leaving the core on the bush. This is probably the easiest way to tell these berries apart. Both berries ripen about the same time, but the blackberries are grown farther south than are raspberries.

In the blackberry family are the dewberries, which are trailing blackberries. These berries ripen earlier than most true blackberries. Blackberries of the dewberry branch of the family include such varieties as Lucretia, Young, and the Boysen.

The Department of Agriculture has been working on blackberries since about 1919. Efforts to improve the blackberry have met with the greatest success in the West. Pacific and Cascade, two of the latest varieties, were introduced just last year by the Department of Agriculture and the Oregon Agricultural Experiment Station. The Pacific blackberry is especially adapted to canning and quick freezing. Both are good in jam and for eating fresh are the finest



flavored of all blackberries. Both are hardy only on the Pacific coast.

RASPBERRIES—These come in red, purple, and black. They are grown mostly in the Northern part of the United States although some of the newer varieties have been developed especially for the South. The Department has been working for better raspberries since 1909. At present, the work is toward varieties with berries of high dessert quality that can stand up under canning, freezing, and long distance shipment.

From the consumer standpoint, the food value of these berries are just one additional reason for enjoying them at summertime meals. A serving of blueberries, blackberries, or raspberries adds to the diet small amounts of several of the vitamins.

When buying berries at the store, let their eye appeal be your guide. Good blueberries are plump, fresh, clean and full-colored. They should be absolutely free of moisture and of uniform size. Blackberries and raspberries should also be uniform in size and bright in color. Avoid blackberries and raspberries with their stems attached, because they may be underripe. And make sure if you can that berries on the bottom of a container are as good as those on top.

Keep berries in the refrigerator on a shallow tray or dish and cover them lightly with wax paper. Wash them just before they are used.

To preserve berry goodness for wintertime meals, can them or make them up into jams and jellies. Raspberries and blackberries have both the acid content and the pectin content to make good jelly. In making jam, the seeds in blackberries and raspberries are sometimes objectionable. So boil the berries first for a few minutes, then put them through a fine sieve to take out the seeds before you weigh out the fruit and add the sugar.

The first part of the paper is devoted to a general discussion of the problem. It is shown that the problem is of great importance in the theory of the structure of the atom. The second part is devoted to a detailed discussion of the problem. It is shown that the problem is of great importance in the theory of the structure of the atom.

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When you can berries for pies, precook them and pack them hot. You'll need about one-fourth to one-half pound of sugar for every pound of raw berries. Cook the berries and sugar together. Stir them gently and boil them for 3 to 4 minutes. Pack them hot into the cans and process them in a boiling water bath. At altitudes up to 1,000 feet this processing will take about 5 minutes. If you use tin cans, you'll want the special R enamel cans--the ones with the deep gold color and the bright finish.

As for ways of using berries in season, hardly any cook needs tips on this. The best way to get all the berry flavor, of course, is to serve the berries raw. And if berries are cooked, keep the cooking time to as short as possible.

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THE MARKET BASKET

by

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CHECK FAMILY DIET BY NUTRITION YARDSTICK

In nutrition history, one of the big events recorded for the year 1941 will be the setting up of the "yardstick" of good nutrition for the United States.

This yardstick is a guide worked out by a committee of eminent nutritionists to help improve the Nation's food habits. It is a goal toward which leaders in nutrition have agreed to aim in planning for the nutrition of the Nation's families.

What is the yardstick? What can it mean to the woman who prepares three meals a day for the family? On what is it based? These are but three of the questions that come to the mind of many a person hearing of the yardstick for the first time. In the following questionnaire, Dr. Louise Stanley, Chief of the Department of Agriculture's Bureau of Home Economics answers them.

Q. Just exactly what sort of a thing is this yardstick?

A. It is simply a table, which gives for persons in normal health the recommended daily allowances for food. The number of calories the diet should supply is specified. And the allowances suggested for protein, calcium, iron, and the 6 best known vitamins are given in scientific terms--grams, milligrams, or International vitamin units.

Q. How can such a technical table be of use to an ordinary homemaker?

A. The yardstick is now being translated into terms of everyday foods. The translators are nutritionists in every locality -- and State and local nutrition committees set up in the National Defense program. Only these local nutrition workers can express the yardstick in terms of foods available in any particular locality from season to season. They can also work out plans for diets that can be bought for different amounts of money.

Home economists of the U. S. Department of Agriculture translate the yardstick into a master diet plan -- of the different groups of foods that need to be represented in the diet every day. Follow this pattern, they say, and the vitamins and minerals and other food essentials in the yardstick will take care of themselves.

Following is the master diet plan, which homemakers may adapt to their own uses by choosing the foods in each group that are available, that they can afford, and that they like best.

MILK -- $3/4$ to 1 quart every day for a growing child; 1 quart for expectant or nursing mothers; 1 pint for everyone else. TOMATOES, ORANGES, GRAPEFRUIT, GREEN CABBAGE, RAW SALAD GREENS -- 1 or more servings for everyone. LEAFY, GREEN, OR YELLOW VEGETABLES -- 1 or more servings. POTATOES, OTHER VEGETABLES, AND FRUITS -- 2 servings or more a day. EGGS -- 1 a day (or at least 3 or 4 a week.) LEAN MEAT, POULTRY, FISH -- 1 or more servings a day. CEREALS -- at least 2 servings or whole-grain products or "enriched" bread. FATS AND SWEETS -- some butter or vitamin-A rich fat every day, and enough more fats and sweets to satisfy the appetite.

Here are two sample sets of menus for a day that measure up to the yardstick.

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BREAKFAST

Rolled oats and milk
Applesauce
Scrambled eggs
Toast and butter
Milk (children)
Coffee (adults)

LUNCH OR SUPPER

Potato soup with onions
Peanut butter and lettuce
sandwich on whole-wheat
bread
Fresh fruit in season
Milk for all

DINNER

Beef pot roast
Stewed tomatoes
Green beans
Bread and butter
(whole-grain or
"enriched" bread)
Berry shortcake
Milk (children)
Coffee or tea (adults)

Whole-wheat cereal with
milk
Tomato or orange juice
(young children)
French toast
Milk (children)
Coffee (adults)

Baked beans and salt pork
Brown bread and butter
Cabbage slaw
Milk for all

Braised liver
Creamed potatoes
Spinach
Bread and butter
Prune whip
Milk (children)
Coffee or tea (adults)

Q. On what is this goal for good nutrition based?

A. On scientific data -- all the facts that careful research has shown us up to now of what foods human beings need and how much. Some of the figures in the yardstick, naturally, will be revised later as further information becomes available.

Q. Who set up this goal for good nutrition?

A. The Committee on Foods and Nutrition of the National Research Council acting as advisor to the Coordinator of Health and Welfare in the National Defense program. This committee is made up of recognized authorities in nutrition from all parts of the country. The yardstick was then presented to the First National Nutrition Conference for Defense, 900 nutrition leaders representing the whole United States and meeting in Washington, D. C.

